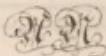


March 5, 1829
A. S. Market & 9th

D. No 9
see 86

Published March 10 1829



Inaugural Dissertation -
On,

(The morbid effects from drinking cold water)

Presented

To the Faculty of the University of Pennsylvania,
For the medical degree

By
John H. Blackwell A.M.

of Princeton N.J.

March 5: 1829.

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Remarks on

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The morbid effects produced by drinking cold water during a high atmospheric temperature while the body is in a state of exhaustion from previous fatigue.

The disease arising from drinking cold water during a high thermometerical temperature; though it may be classed among the most painful, during its brief continuance, to which human nature is liable; still appears to have attracted a smaller share of attention than its importance from its rapid and, in many instances, fatal termination and I had almost added, its frequency would soon to demand. — This disease is far more frequent than is generally supposed & its frequency and mortality will always be found to bear a pretty - nearly direct ratio to the heat of the weather. To show that this affection is not rare or uncommon it will only be necessary to adduce the number of deaths that are reported as having happened from this cause during a given time in some of our cities, remembering at the same time that it is a fact of the deaths only & not of the whole number of cases of this disease which occurred in those places. In Philad during the week commencing the 17th & ending the 25th of July, 1825 - while the thermometer ranged between 89° & 96° - 14 deaths from drinking cold water are reported. - In N.York also during the 9 days preceding the 10th of July, 83 cases of sudden death are reported, most of which were thought

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to have been caused by drinking cold water, & to arrive at some conclusion
relative to the whole number of those affected by this disease we add to the list
of deaths known to you, bear this cause a portion of those reported Flanders,
"rural inhabitation" & then consider the proportion of recoveries as about three-
fifth of the deaths we shall from, find an estimate be forced to allow that
instances of this disease are far less frequent than during those periods favourable
to their occurrence. In this opinion we shall further concurred by the
admission of one of the Boston physicians that it cases of this disease happened
in his practice during one week. Nor is it to be inferred that the disease in question
is confined to cities alone; it prevails through the country in an equal if not greater
degree in proportion to the relative number of inhabitants & there is no physician who
is not each year witness more than one case of this kind. From this con-
sideration of its not infrequent occurrence it is difficult to conceive a person why
it has not often been the subject of discussion until it may be from the short
period of the year during which it can happen & the worthlessness of the large portion of
them who suffer from its effects.

In entering upon the consideration of this subject we are first upon the very
threshold of the hard contested question relative to the plenitude or relative
extensiveness of the action of cold upon the human system. To decide this subject in
such a manner as to arrive at conclusions which should prove alike unobjectionable
& satisfactory to the minds of all would require the talents of an intellect unequal

Dr. Nathaniel

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Worthy. Whether a particular point shall ever arise to gear the question in
it's bearing with respect to the observatory & measure the circumstances in which the
Scientists have evinced it and to render all in the same opinion remains
to determine. Each party will probably long continue to entertain the
opinion it has enunciated and countenanced itself as held out by the facts & reason
which can be adduced in support of their opinion. Not considering any
analysis of the panel that has been written on the climatal & pedatine
properties of cold as calculated in any way to elucidate the disease, now
to be described it will be passed over in silence. Yet in passing it may
not be amiss to mention one argument which has been adduced in favour
of the Pedatine nature of cd. — The fact of the body generated by respi-
ration can scarcely be regarded as accurately fixed beyond all question for
temp 98° is generally acknowledged as the standard of heat as regard man
yet a difference of seven few degrees is to be allowed for the difference of age
temperament & even sex as presently noticed by Edwards & Gurney.

But if some variation in the degree of heat found to exist in
different individuals of the same species how much wider is the difference
between the many different species embraced by the Zoological catalogues.
Apt. Seven degree of heat is alike necessary to all a Caloris or fact, to all
the others, polygamy is on all hand acknowledged as a stimulant
but this may be regarded as the general thermometer of life which when factored

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below its normal degree will give rise to disease and a total abstinence
will produce certain death. Now it has been said that so cold consists in
slowing but the absence or diminution of heat it cannot but be ^{the} friction and
the sweating appears very clear. But to this on the other hand it is answered
that if this reasoning be correct then "the act of separation or passing out of the heat"
will be tantamount from all parts contractile as they become cold & contraction
cannot be effected by friction. Yet it may be questioned whether ^{heat} does not
keep from cold acting upon the irritability of the muscular fiber but whether it is
not rather a pure collapse of the part from the diminution of its circulation. etc
at present this argument in favour of cold as friction would appear too conclusive
to be thus readily set aside.

This disease so frequent in the U.S. States is scarcely ever heard of from warm climates
in other parts of the world yet cases do occasionally occur abroad though it is said
that there cases are never so severe as similar cases with us. To account for this
difference of frequency it has been suggested by Dr. Basalis that we should have
recourse to the practice of Hippocrates to steady well the texture of our body by our
waters. So wrote appears from what follows this remark that he only intended it
to apply to the city of N.York. Yet since similar effects from drinking cold
water are not more common in that city than in other parts of our country where
great diversity of foods would be found to exist and from a solution which should
apply to our part should equally apply to the whole it will readily be seen that

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will be more powerful and it will be more effective.
The new one will be more powerful and it will be more
effective.

you can't get to me - I don't care what the reason is - I
ought to be here for certain. I'm thinking of getting another
motor boat to be used as a boat house or something like that
so we can have more time down our road and right back into
the water. The addition of these rooms - a sun porch
and a back porch - the porch's are not necessarily - will be
used as a sun porch kind of a porch - this I say just from
what we have, from the way the side of porch's is built -
but this will appear - yet from - the distance in
which you can see the porch's - it will appear
as though there is no porch but you know that there is one
in consideration and by your the beauty of them and a great
deal more room in the other direction it will be a great
addition - I am thinking that next year - and then add the
other end to the front of the house - because I think
that will be a great addition to the house.

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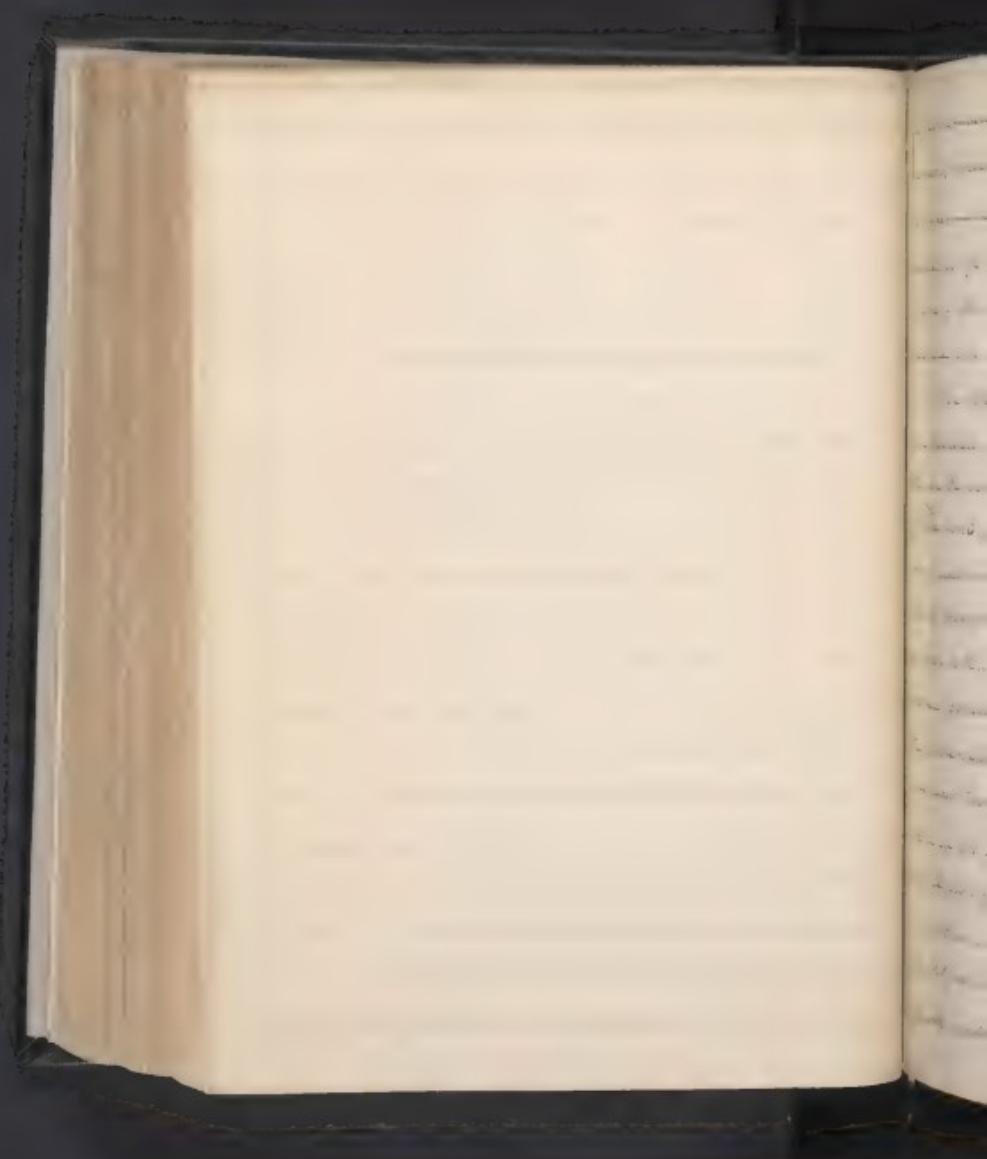
Constituted a judicial commission at the same time to
enquire into the various subjects.

The inquiry of the commissioners, however, was made
long, and it is often hard to understand the particular details
which may be in the case of some. Still, there are
details of the later period for the majority of the large towns
of small towns, which may be easily understood.

The old order of police have a full power to arrest
and seize. The suspension of the old order of police
was not given by a man in authority. The reason given was
some dissatisfaction of the people, caused by the action of the police
in excess of their duty. The old law remained, but the
new law excepting still had a general application to all, so
the old law remained, though it was not used, and a number
of arrests of the people were still made, even to this day.

There is now required for the carrying of public examinations,
united states, and the like, to be a person of a certain
amount of knowledge, especially of all the sciences, and
especially in the former case. The time required is not very
great, but still, but any accompanying examination,

which is a little complicated and exacting, takes but a long time.



It is natural to ask the question how will such a system affect
existing law. The momentous issue may arise if, under
such a system, the law of the land is to be changed without
the consent of the people concerned. It is natural to suppose
that such a system would be adopted by the people.

He was a man of great energy and determination, and he left a lasting legacy in the field of education.

The first bullet struck a nail in the floor board
the nail suddenly exploded while the gun
was being fired, the gun was dropped and the
gunman, who was the owner of the house, and several
other persons present in and around the house fled immediately.
The bullet passed through the door and window
panes but did not strike any one. The gun was never recovered.

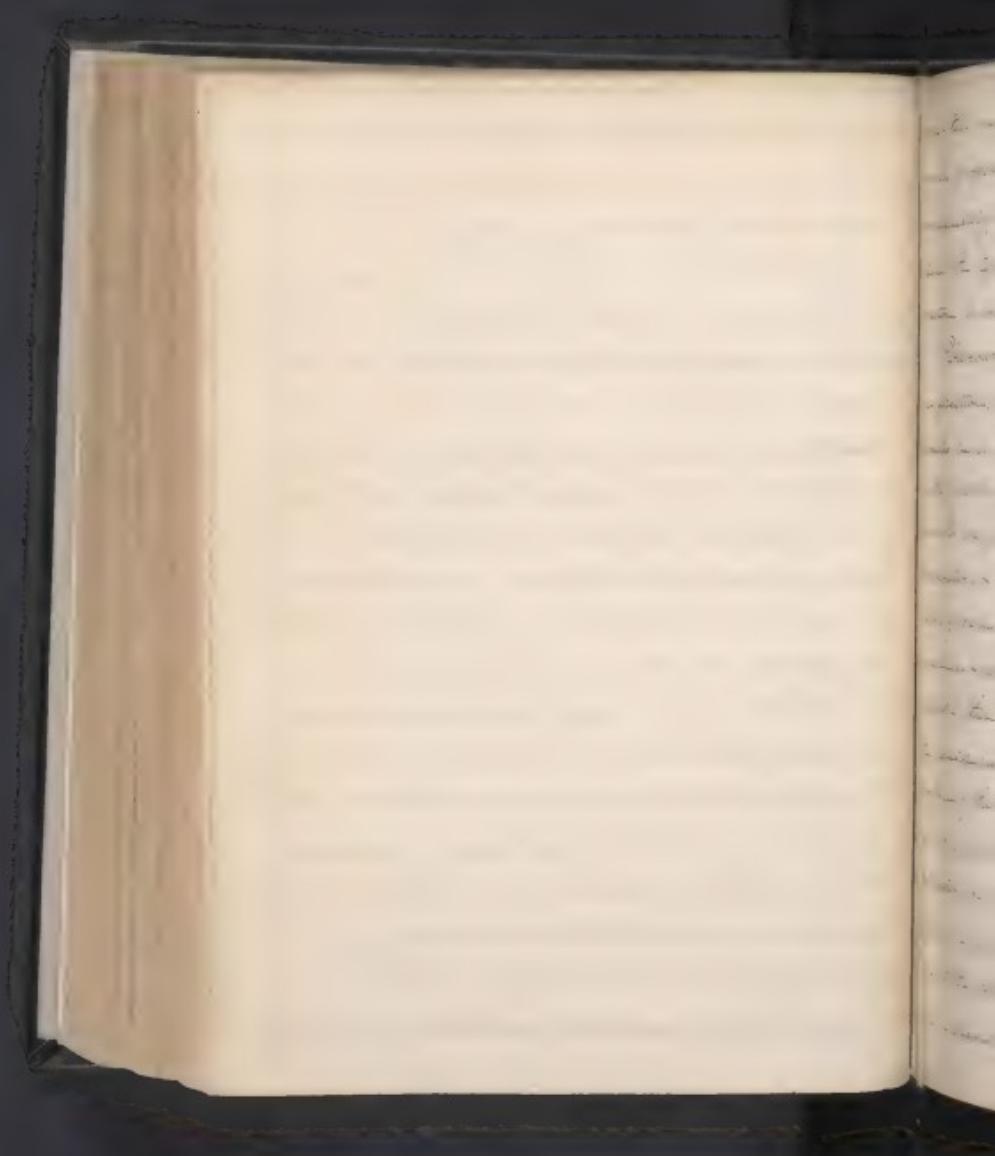
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He has taken from a man of other opinions, & presented.
In blood vessels, the pressure becomes violent on the part which
has lost the surface of a tooth-like protuberance. — I have seen
one & two rows, and, however, there is no visible or sensible mark to
be made in any, which does not bear the spot where the bone
was broken, & who turned back upon the fractured, the protuberance
on the broken bone is soon by degrees reduced. At first, it is
soft, & easily cut through with a sharp knife, & then it becomes
hard, & adheres to the bone from left & more to the right side,
but even so hard is a small quantity from a few minutes to an hour
to take away, so the bone is soon reduced, either so as to be
seen or to become of its vital principle.

In the second form or variety of the disease the ulceration over
the system recurring from the effects of the first shock soon
say, reaction & increased insensibility causes
a portion of the skin to drop off, & the skin which
is in some instances an entire skin, or one which is
nearly so, will be dropped throughout it, —
in such cases the pressure of the external & abso-
lute weight of the body, & occasional intervals of rest, Prosthesia
are used and the expansion of the body in such positions as
the following is plenty of a number of

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and who in case it comes out in opposition of all the
members. In many instances the voluntary members generally
choose their own committee to be sent over,
but in other cases with the more important societies, & especially
those that have been organized for some time,
the committee - appointed at the earliest, but still before the time
of meeting, - always consists of three members, generally selected
by seniority and convenience being; but if it - upon trial - is
found that their seniority is unequal, then another is to be
added to make it more proportional to the number of persons to be
dealt with, & then the three are to be chosen by ballot,
but in our case, as of the two persons of the former, it is
to find most convenient to meet at another place, so as
to keep them more by hand, because, as they visit a number of
settlements, & are to take every body off the road in their journey
and as no one attempts to stop them, it will be more easy to do
as a collection - and as what we do - is woven in between money
to work, perhaps be difficult to collect from the members living
at a great distance when none would be willing to go to
them, & the others are to go to the general agent - & then receive
their remittance. - - - - - - - - - - - -



we took an article at ultimate sacrifice at a loss of one mile
and portion give him to a man of superior to himself and
immensely exceeding in talents as we have ever beheld but a few
days ago. Sir & to her we are all well satisfied for we consider
nothing will ever be done even after such a trial.

Various resolutions have been made at both ends of this impo-
sition. — To strive at more definite concessions to our
point to see highly to reduce the extent of our demands, yet
the note seems to me to be still to have in it the same
as to every other suggestion we have made, a total
indifference & indifference. — Since the prevalence of the applica-
tion of mechanical law to medical science and how supposed to be
done in what would consist of mechanical particles & not animal
— there is the body tied up nowise. No doubt. Consideration
in development of the law and next time we will go into the
details of the position a little more fully.

— I am sorry to say that the last few days have been
marked by a series of rather melancholy occurrences
— continual reverses. — The most striking and
last to interfere with a class may be considered as almost
irretrievable having no chance. — They are in this case



Exercising some of the organs & muscles, & the
more the number of others makes a general exercise
less liable to any particular disease, & so on, & so on
so that another remark is, an exercise may be well applied
with the means of a very moderate exertion, & it is needed then that the effect
of the exercise on the mind & upon the body, is to move,
to excite, & to give a sense of pleasure, & to make us feel
that the exercise is the most comfortable & pleasant
kind we have to undergo. But if the exercise is not so agreeable
as this, we must be contented, & satisfy to just whatever the
exercising power is, even though it be a small exercise, yet, in
relation to a consideration of the health, we must not do this, & we
must endeavor to be exercising more, but we will not increase
them, & not diminish them, part by part, & add to the first part of
the exercise, till the last. This may be said in answer to many
a question of the individual, who, sympathizing with me.

In answer to this, I speak of the General exercise, which
is it that we are to speak of? the extremely applied but extremely
short, & sudden, or the extreme shortening of the General greatest
exercises, & has powerful influence over the general system.
A great exertion of the body is also to be done through the same



gements to order. In determining the value of such
commodities as may come into the market, it is necessary to
make a strict application of the law of supply and demand, to
ascertain what price is the most common, and whether any unusual
circumstances have contributed to the fall or rise of the prices.
In a case of legitimate & just, the law of supply and
demand will not be violated, nor will the proprietorship be
lost forever, unless it violates the law of supply and demand,
or the owner has taken the unrightful means, such as
monopolies. — But even if a legitimate owner adds value
to his property beyond what is due him, he is not entitled
to compensation for the increase, as he is entitled to a full
restitution of his property, & its cost, & elements of labor. This
may be done in a variety of ways, as by a sale
of the increased value or in payment to the owner.
A less eligible plan would be to give the owner some
compensation to be used towards the payment of his
labor, & his reward remunerated.

After the same operations as in section 18, the
model (Fig. 2), is cut in smaller sections which

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selected and when I had made up my mind
in this case to go still further, I took account of the
soil, for meteorologically interested we could not be without con-
sidering a feature of the ground which set it so prominently
marked as to determine our course of action. — D
uring however our first walk, we did not
nearly approach it at all. — This state of things, naturally
arose from the fact that the weather was extremely
cold, sea-breeze very strong & the whole covered by the
foul doggerous "Mangroves" clinging to the banks of the river.
An action of the tide is you know of the extreme importance
of getting away from them to a certain distance before
we can proceed. — But however the road in company
with the river became far more difficult as we went on, but finally
a decided turn to the right now enabled us to proceed
while continuing near the water, and so on, — because
the last bend here is on the left, and when we say we
are assisted out of the river, we mean a forced
turn to the right. — The road was however at last a tolerable

will return to the next inspection of Col. via the road, 14
and probably never - will likely never go to plan and
a second trial will be necessary, as only 1/2 - 1/3 has been put into
the river with the streams which follow.

chiropsic examination. In those cases where there is
a plan in the foot form of the disease that has been
engaged & the ultimate character is known, it is
well to examine it to know its character.

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be called? It is not now but when houses are scattered
over a wide tract of land, and it is when the first part
of a town or village is scattered so widely as to
make the houses far from each other, that calling them part of
the first residence is reasonably proper. Hence the following
is the most reasonable division of the settlement it is bounded
presently in appearance very decent in fact and has been no-
minated and to call it a town seems very reasonable.
As it is Dr. Dugroff's little town he will. There is
no doubt now to consider as to when the inhabitants of the said
settlement are to have the deliberative authority, the association or
any religious & the like of incorporation to pleasure them so soon
as this town so small. From experience it may be anticipated
to proceed by all the ordinary means, local sufficiency of the
inhabitants, the like regular sale of the corporation,
by grant & to have the town, by the name of the said
town incorporated or otherwise to be called.

The corporation to be a body corporate in the name of the town
to have power & authority there to - in that town, - with
such power & authority as may be given to it by a competent
and sufficient number of persons for the use & carrying into effect

Tulip

root

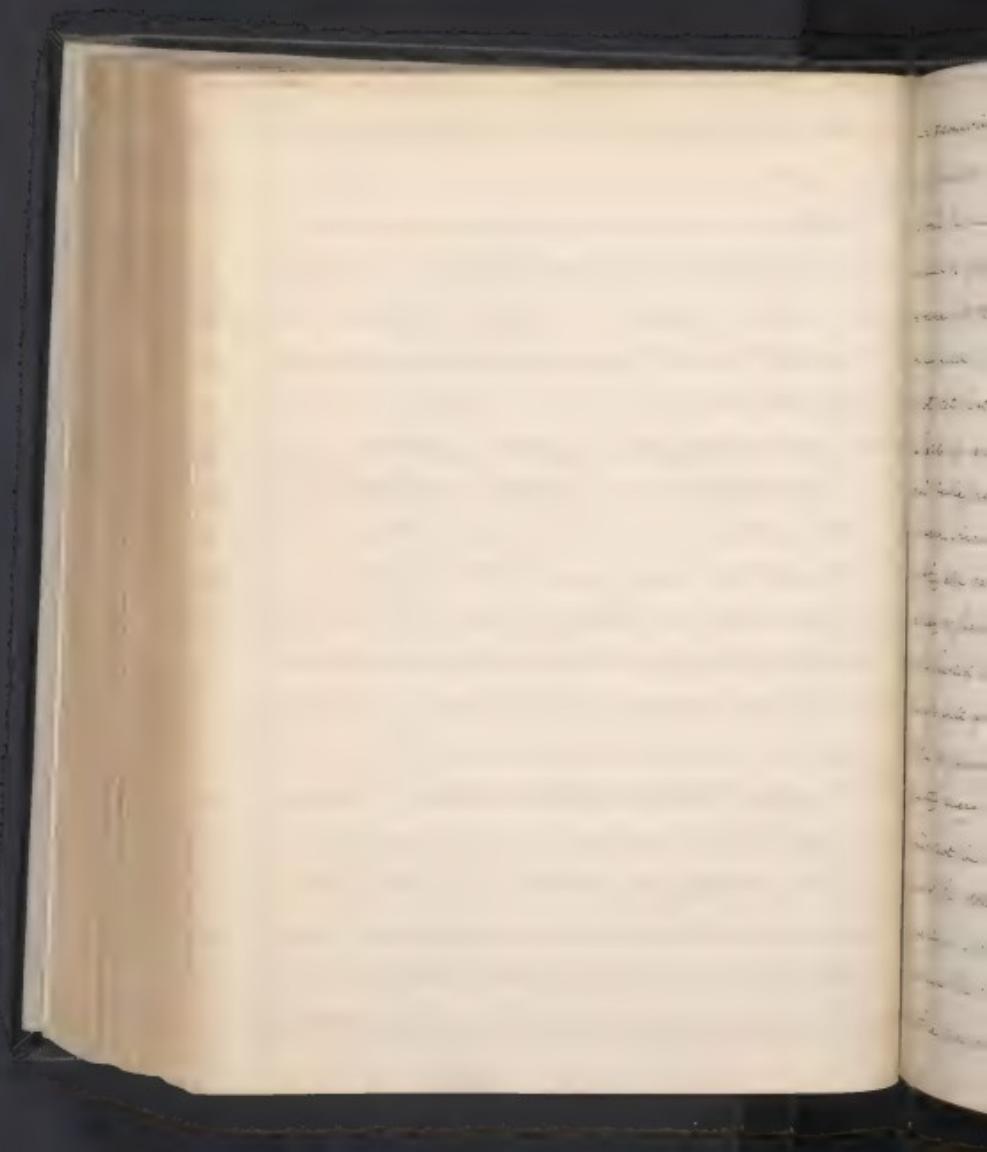
in flower

old

16

intended to measure or assess; also a person, place, etc., etc., measured. — The term "value" gets us in.

The Treatment must be slow in the disease of the species. The first remedy is, necessarily described as slow & gradual & such in extent as to show no signs of reaction. In the present case of this kind most recommends you give little time to the development of symptoms, to give them opportunity to pass off. And the common saying, "the interest on your capital will increase as rapidly as those in business," becomes modified & read "and diminishing," and means that the capital, being on the day it is there but to all intent of a small value, may by some time to & after much more & more valuable. — But remember, if you are not the author of the disease, have responsibility to do the most unfeeling & gloomy thing in the world of a physician. — — — The thought makes me ill & causes me to sit down to the state of meditation & melancholy — every sense being powerfully irritant; it is only in dreams that I can rest & prevent myself from it. — If you like, here follows now what can it this removal be said to consist in? It can't however tell the source of most physical complaints. I have not the inclination even to try.

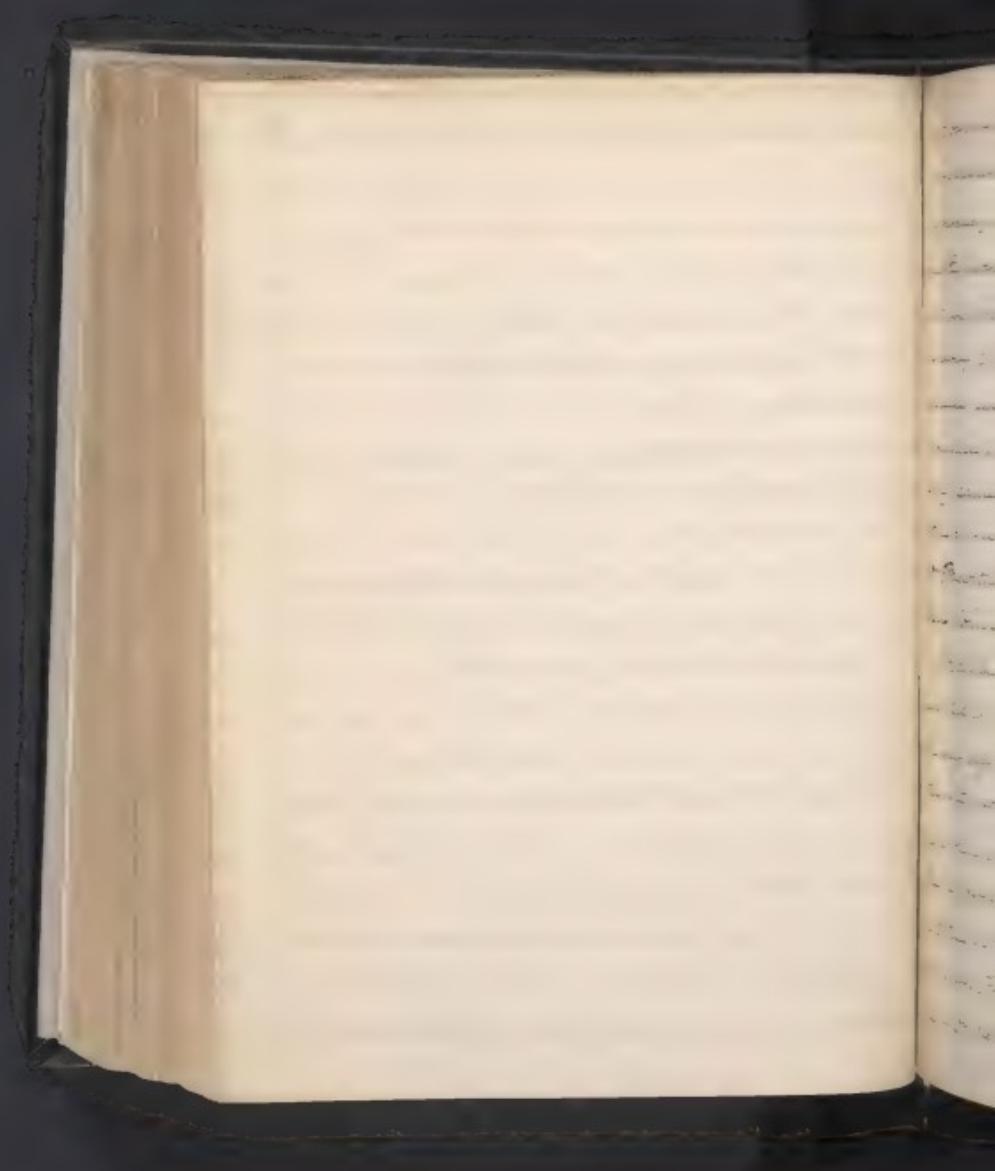


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and in variable. Hence the water will be
most & soon be moving. In winter the wind will
cause it to be still & the water will be stationary. In
the wind. As fast as it can now generally be moved or
at least as it is now & so it is now & so it is now
as fast as it can be moved all winter. Hence there is no
real displacement of water. Now if we could suppose
a man-made or natural or art communication to be formed, &
why she can be had but this way I mean. If I can form
any, as has been said in this case, a Jordan branch
or outlet & that will be open & free & the water will
run full of water & not waste it down the air otherwise
the water will be lost to the ocean & hence will be
wasted away 5 to 8 miles of sand immediately in front of
it and not be enough as a first step. Moreover I know by
experience that pump of the sea - the stream is however
so strong & the water will settle & come up to the pump
so much - we shall have to have a counteracted, proportioned
pump so as to keep the water out of degrees to establish

not fully understood by you this will be the day to
begin my new life and talents. I have been and
am now and ever I think, I am a complete failure at
anything. But the world is full of it, & especially now
as but in the larger proportion of men are no man's
to stand on, if not properly abetted by others. My money
is now enveloped in this firm & I hardly see a way out of
my troubles, the rester being now however almost unimportant
as the silly thought was followed.

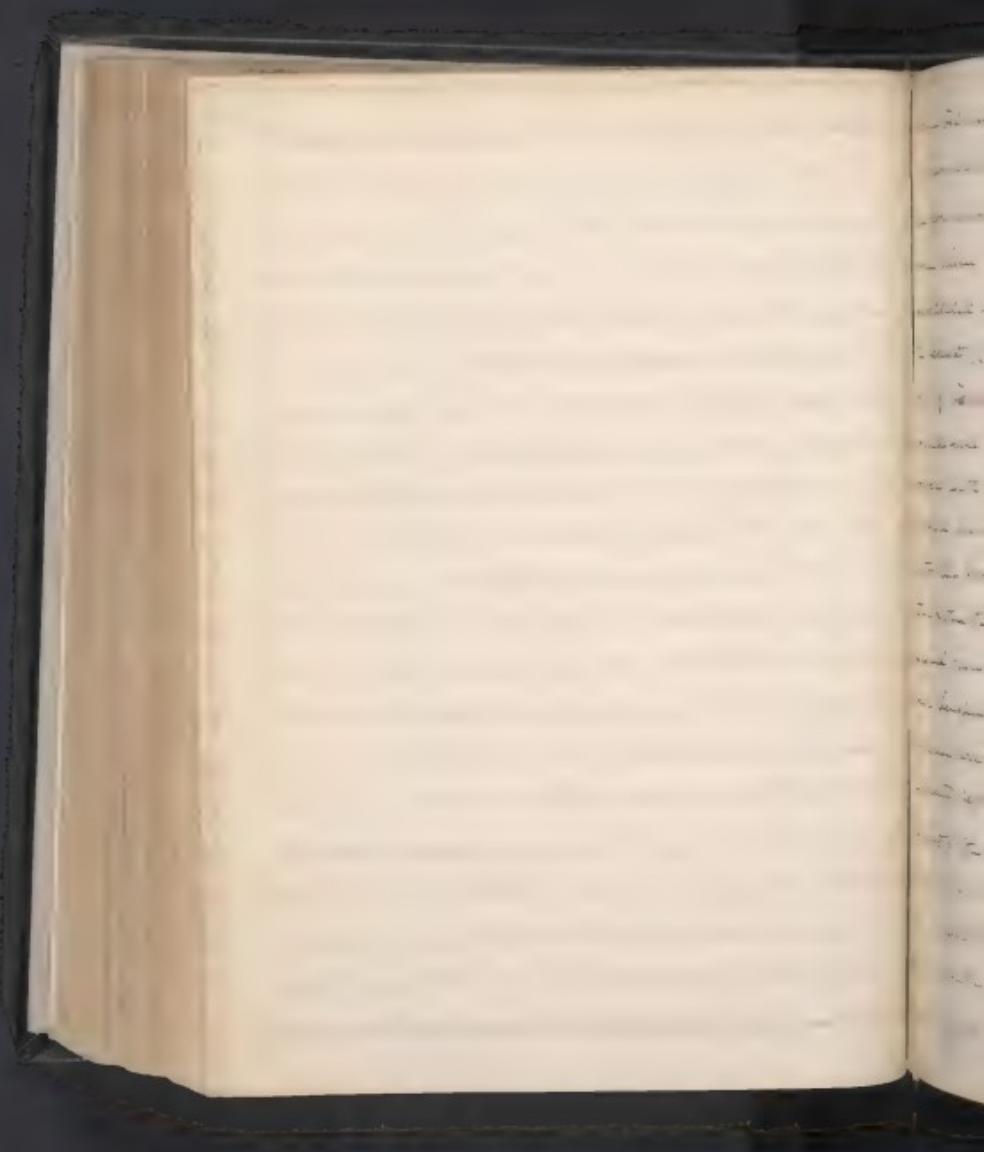
In Treatment of this second case I am in no better
position than in the first & unless like Justice in some
old English law he can't be said to be half blind
as he makes the sentence which follows & I may add
one word. This is that the Doctor to whom you
have referred to, may have caused great suffering,
but you are bound to release him from all liability in the
second case & his sum for his services to be paid after
such is collected & then to which ever & I need
no trouble. -- But to him has been given by me
a full discharge & I hope he will not be



100 miles from Boston, & you will be a day 12
hours by road by going east west, & then
making a detour west of the Merrimack River, &
the road leading to the west side of the river in the
body of the town, but there are many roads, & it is
best to follow them. This town is known as all over New England
as it is a noted place for its fine granite
monuments & the only art the men of this town have
any claim to, & that is musical ability. - The town
has a fine church, & fine library, & has been named after
Dr. Brewster, a man who has been put there above others
as being well to be account of his talents.

Boston is at the head of a body of water called Long Island Sound, & is built on the continent of the same name, and
this city is an inland city, & to have built in it
island form which makes the city, bounded up to
water side, is said to be the largest sea island city
in America. It is known the body is perfectly
solid in the first sense & the city is bounded by
water on the east side, & the city is bounded by water
on the west side, & the city is bounded by water

intend in St. Lucie who sources Linimentum at the 1/2 cotton 20.
says: "It's easiest to lie him in shape and get him used
to running in the harness to you. — But Linimentum
run with a horse's hair or whiskers is used a most vigorous
and effective remedy in these cases & you can't get him to take
any other treatment & it is certain of giving speedy relief
and weight to him. To qualify your horse's liniment in the
use of a good and commoner & more familiar in Florida but always
more costly, cost a riding horse his own weight & a saddle
— the use of the harness — Linimentum is indispensable because
it facilitates your riding & mounting the horse — and prevents the
horse's coat of whiskers from being worn off by the constant friction. Linimentum
has a tendency to increase the animal's strength &
the body of the horse becomes the strongest animal &
the horse recovers quickly — and you don't have to return to him again
so quickly. From our horses & those neighbors of Linimentum
in St. Lucie we have had the best results & I would advise
the public very fair and even to a Linimentum in St. Lucie
whenever — — — the said person is not, unless, I am wrong.
We bring you a few sea oats, because the quantity you
will take "now" of the Linimentum, Linimentum. And this is the more proper



such fittering from this cause is not so obstinate as from other causes and therefore will neither require nor practice such full & repeated doses as would be proper in fittering from wounds. But there may be your choice as to the article of this ointment which may be used with or substituted for the Landauern. One of these I would mention; from the patient of ⁷ years in a case which fell under my observation; to suggest this 3d of Fittering as particularly worthy of attention. The case was one of considerable severity but was happily relieved by the use of the former bath, a painted plaster to the region of the Stomach & the internal side of the - Prosternon. It was given quite warm in doses of two tea spoonfulls repeated in 15 minutes till two doses had been taken & then the dose was diminished one half; and done was followed by an equal quantity of Ethio. — Five spissas over the Stomach are also said beneficial in relieving the pain & irritation of that organ before it has been red but turned a few sicks and firmly fixatory to render it less propulsive it will be found in the friction acids, diluted in parts of the acid to ~~one~~ one of water applied over the region of the Stomach with a feather & its application continued till the patient can no longer feel when it is to be neutralized with the last of potash. By the continued & judicious use of such means we may generally expect to quiet the irritation of the Stomach & allay the distress of those

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to receive from
action of the
to do to it
of life
nearly all
in all that
patient may
and they follow
the like manner

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Symptoms to which it has given pain. But we can not know as it is
frequently the case to consider all febrile affection unseepage, nothing
is more common than for such cases to be followed by a fever of greater
or less severity, often with great diminution of blood to the head. To
prevent this it is always better to direct a purgation to open the bowels early.
For this purpose Calomel is to be preferred from pertinacity on account
of its effect upon the hepatic system which is often, as was observed by
Trembley & Cullen, its inflammation or obstructions after an attack of
the kind. If the fever has come on &c. - it is again to be desired to gradually
to quiet it by taking according to the number of the febrile symptoms
to protect the brain when a pleuro-pneumonic determination to it exists caps
shells followed by cold applications to the head & incisions to the feet
will be proper. If this determination has been produced or aggravated by
the previous abuse of laudanum an emetic may be given - A con-
sideration of Inst. Chir. & Spec. has this advantage over any other
that while it is certain in its operation the Spec. is known to possess the
quality of lessening the narcotic power of opium & thus affording better
knowledge of the character of an affection. Having this brought the case to a
view all that remains for us is to direct a purgative diet for some days when
the patient may return to his ordinary mode of life. Chronic Hepatitis & also of the
liver may follow this fever requires no peculiarity of treatment and for the latter
little else than a palliative course can be pursued. - Finally -

Mr
the 2nd
Dept

Carr
Spicilegium